

MS. 9. 1. 1. 1.

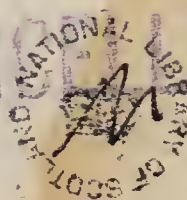
1796. 1797.

251
may 18

348363

61660/10

CANCELLED



D I R E C T I O N S

F O R A N

E X T E N S I O N O F T H E P R A C T I C E

O F

Recovering Persons Apparently Dead;

TAKEN FROM THE INSTRUCTIONS AT LARGE,

PUBLISHED BY

ALEXANDER JOHNSON, M. D.

(INTRODUCER OF THE PRACTICE IN ENGLAND,)

And confirmed by REPORTS received from ABROAD:

Tending to shew, that great Benefit will arise to the Nation, from extending the Knowledge of the Original Treatment here set forth, to be exercised generally by Men of all Denominations.

I.

DROWNING is the casualty in which trials to recover persons apparently dead, first proved successful. The treatment of such cases stands therefore first described; and in regard to bodies, found where they cannot easily be treated in their defenceless state, they should on no account be used roughly, or rolled in or upon a cask, or shaken or held with the head downwards, to discharge water, of which they hold but a small quantity that will otherwise be voided. Such bodies, if the boat or barge into which they are first received be not spacious or convenient enough, are to be carefully conveyed on a hand-barrow, a ladder, or a broad board, to some proper neighbouring house, where they are immedi-

ately to be stripped, dried, and laid upon a bed, a blanket, a horse-cloth, or a great coat, examined whether they be hurt in any part, and then to be rubbed with warm cloths of the softest kind, to raise some heat in them ; an essential circumstance, which can farther be promoted by the application of hot water in stone bottles, of hot bricks and tiles, and of hot sand, all in coarse flannel or cloth bags, to different parts of the body ; also, by laying them before a moderate fire, or in the rays of the Sun, while rubbing and other operations are going on ; easier with children, but yet usefully with grown persons, the body may be taken into a moderately warmed bed, in blankets, between two healthy persons, who will be kind enough to rub, cheer and chase the patient. Other methods of applying heat, by baths and immersions, in different fluids and substances, must carefully be avoided ; such as putting the body in a warm water bath, into brewer's grains, soap leys, ashes, embers, and hot sand : or warming the body by means of a warming pan ; trials, from which no good can ensue, as some destroy irritability and elasticity, and others unpardonably waste precious moments, in which approved means might happily be used. Indiscriminate, spirited efforts prove hurtful : rubbing violently, and with substances that injure the skin, raises more heat and inflammation than the faint powers of life are able to bear ; they overmatch their remaining ability, and the patient sinks under them.

The treatment of the drowned differs from all other accidents only in two necessary means, namely, drying and warming.—The farther means to be used are applicable to all cases of suffocation or apparent death, excepting those proceeding from sulphureous fumes, subterraneous damps, frost-bitten parts, and strokes of lightning, for which a remedy of another kind shall hereafter be mentioned.

II.

Rubbing the body, back-bone, the sides, belly, palms of the hands, and soles of the feet, with soft and dry cloths, is a principal and essential operation, generally in all cases, ex-

cepting the few above-named. The effect of rubbing, or friction on the surface of the body, with a substance least likely to injure or inflame the skin, is to raise a genial warmth, and produce a moderate degree of irritation, that can call forth the latent powers, and re-animate the weakened system, if the vital principle be not totally lost. Diligence and assiduity are equally requisite and commendable ; but anything vigorous and violent, or not steady and moderate, is liable to fatal consequences.

III.

When bodies have been long deprived of breath, it is rational, in order to recover them, immediately to try to restore it. Friction often makes the lungs to move, as soon as any other part of the body ; but if it has not that effect directly, it is usual to try to blow air into the lungs, through the mouth and nose, by the breath of a bystander, or with a bellows, that ought to be clean, otherwise it might suffocate the patient ; the latter way is deemed preferable to the intrusion of nauseous breath. The way to make the blast effectual, is to close the mouth, and one of the nostrils, and then to force the air through the other.—It is a general opinion, that efforts of this kind are attended with success, and therefore they ought unremittingly to be made. They may, at least, be considered as irritating means to the tender lining of the nose, mouth and throat. In the same sense, stimulation may likewise be considered useful in the state of new and still-born children, who, of all beings, claim the first right to humane attention. They often ly breathless and motionless, while by moving, chafing, cheering, and, as most nurses believe, by blowing breath into them, they may be brought to life again. In fact, many prove recoverable of those who formerly were laid out as dead, and really became so, by gradually losing their natural heat.

IV.

Introduction of *Air* and *Vapour* into the body by the fundament, injecting warm vapour and air, the smoke of tobacco, for strong habits, and of aromatic herbs, for tender constitu-

tions, has always proved efficacious ; where a fumigator is not found, a common smoking pipe, a wooden clyster pipe, or the addition of a reed, a hollow tube, the sheath of a knife or scissars, of which the point is cut off, are ready conveyers of the smoke, or vapour, which, thus intruded, acts with elasticity, and excites internal motion ; during the operation, the belly should be gently moved with the hand, and stroked upwards. Sharp clysters, act in a contrary manner, weakening, sickening, and rendering a recovery more difficult.

V.

Vomits produce no effect, while all sense of feeling is suspended ; and when life is restored, they improperly tend to make the patient sick and faint, which is a drawback upon recovery ; for whatever weakens the stomach, weakens also every part of the body. This, therefore, and all other cruelly invented means, blistering, cupping, scarifying and cauterising, must cautiously be avoided ; they do not tend to re-animation, they are not felt till signs of life be obtained by other means ; and when such signs appear, the suffering they cause is intolerable, and the regret of applying them must increase, as it becomes evident that they stop the progress of recovery. *Wrenching the jaws, when locked*, is another act of cruelty ; it loosens and breaks teeth, that cannot be restored, and it proves useless, as the jaws unlock at the return of life. Whatever is necessary for cleansing, if the mouth appear full of froth or mud, or to try whether any liquid can be swallowed, may be done with a small syringe, and warm water, injected between the cheek and teeth, the body being laid on its side to discharge the fluid.

VI.

To move a patient on and by the blanket on which he lies, proves useful ; it changes the position of the inward parts, and their pressure upon each other ; offering at the same time new outward parts of the body for friction. But shaking by the legs and arms, and violently agitating a body in its defenceless state, is an injurious and injudicious direction.

In attempts for recovery, recourse is not to be had to *bleeding*, where the principle and powers of life are so much lowered as to keep the body in a fainted state, that operation will increase the evil ; it always proves hurtful ; often fatal, with faint signs of recovery * —when performed, it requires bandages that obstruct friction and circulation. In advanced stages, where from violent inward agitation, it has been considered as the immediate means of relief, it has with fallacious effects, proved weakening, and has been found easily and efficaciously replaceable, by cooling and composing things, saline draughts, camphorated julep, almond milk, some drops of laudanum, from all which no bad consequences ensue.

VIII.

All *acids* are hurtful ; they cause constriction and stagnation ; they congeal and coagulate the fluids, and harden the solids. Their effects are the opposite of those that prove salutary, by producing fluidity, and promoting the circulation of the blood and humours.

IX.

Cases of suffocation by the fumes of charcoal, by the damp of mines, and the foul air of cellars, as likewise those in which the body is numbed by intense cold, and partly frozen ; to which may probably be added, those struck lifeless by lightning, require a particular treatment : the sprinkling of cold water has proved a most effectual remedy for them ; and it has long been known, that the application of snow, ice, and cold water, was a cure for frost-bitten parts. The patient hurt by any of the above accidents, is laid in a sloping posture naked, the head uppermost, on boards, in the open air, and the coldest water is thrown or dashed in small quantities on the face, and on other parts of the body, rapidly and smart-

* As happened a few years ago in a neighbouring kingdom, to a criminal, who after execution shewed evident signs of life, which upon *bleeding*, thro' the officious zeal of some friends, was irrecoverably extinguished ; and no doubt more instances might be quoted against this hazardous but too common method of treatment.

ly, for a length of time, without intermission, until signs of life be obtained. This method answers better than plunging a lifeless body repeatedly into a cold bath, which is not so easily refreshed, as cold water can again and again be brought for asperision. A person thus recovered, wants no further treatment, than to be well dried, clothed, and cheered with cordials that are not spiritous.

X.

The first signs of life are discovered by gasping, sighing, yawning, stretching, contractions in the face and eyes, a blush on the cheeks and lips, and a faint beating of the pulse and heart. These are followed by spasms, convulsions, anxiety, groaning, puking, purging, sickness, and a violent headach. As soon as the first are observed, then cordials that do not heat, cinamon and peppermint water, wine and spirits lowered with water, are directly to be given, by a tea-spoonful at a time, to make sure of their going down into the stomach, where they will soon appear to have a good effect. At that time also, and sooner, if the flesh acquires a kinder feel, the temples, ears, and neck should be chafed with volatile spirit of sal ammoniac, or of hartshorn sprinkled upon a linen rag: some of the same spirit may be spread upon hot water, in a cup, held near the patient's face, that he may breathe the vapour as it rises. Use may then also be made of a feather, to irritate the throat, and produce the effort of reaching; or tickle the nose and provoke sneezing.

Patients recovering by common means, are to be kept quiet, moderately warm, calmed with *camphorated julep*, almond milk, sage, and balm tea; and when sleepy, to have wine whey. When they can take food, mulled eggs, animal substances, and other things are proper; butter and fat meat are not so.

XI.

Electricity, and other speculative means, ought not to be proposed to common operators; they have neither instruments, heads, hands, nor time for experiments: it is likewise dangerous to lead them away by fancy, from a safe practice, which they can easily follow.

The means prescribed are to be suited to the age and strength of the patient ; children and young persons are to be treated with more tenderness than grown persons : People dying after a long or short illness, have proved as recoverable, as those apparently dead from accidents : with those, therefore, as with others, strict attention must be had to overdo nothing, and not to overpower the remaining principle of life, as far as its state can be discovered. The different operations must be conducted discriminately, but without intermission, and for a great length of time, as life often returns slowly. Assistants, nurses, and attendants on the sick, must seriously be warned, not to uncover, or draw away the pillows from them at the time when they seem to expire, as it may confirm their death ; and should believe there is still a chance of recalling them, and thence proceeding to the means they must not be discouraged if success does not immediately ensue, but steadily, for a number of hours, exert their best endeavours, which will be rewarded, either by the recovery of the person apparently dead, or by the sureness that they have ascertained the body to be a corpse, that may without fear of reproach to them be consigned to the grave. Such is the precaution by which the *terror of premature interment* can at all times *be made to vanish*.

These Instructions, collected from the original Directions, confirmed by observations upon a large field of foreign communications, and set forth in plain language, intelligible to the most limited capacities, are recommended to be followed with confident hope of success, as they point out what is necessary to be known, and leave nothing to fanciful choice, or what in itself proves destructive of the salutary end proposed : these instructions are meant to serve as a sure guide for all persons humanely disposed, like the good Samaritan, to exert their abilities to save and restore their fellow creatures, in the moment of distress and danger ; as likewise for nurses and attendants on the sick, to make decisive trials on their dying charges ; for which purpose these revised instructions are

offered, *gratis*, to all those that are desirous of information on the subject, or inclined to promote it.

An *excess in drinking* a hurtful quantity of spiritous liquors, for foolish wagers, from impatience under calamities, or despair when life becomes a burdon, causes a state of stupidity and apparent death, which is to be treated, with gently and incessantly rubbing the body with dry flannels, chafing the nose, temples, ears and neck, with volatile spirits and salts, clearing the stomach of the spirits it may contain, and giving oily mixtures after that. When *bleeding* has in such cases been performed, the patient has sunk under that operation, and expired.

N. B. The things generally to be kept at hand, are volatile spirit of Sal Ammoniac and of Hartshorn, Eau de Luce, and the common smelling Salts, peppermint and cinamon water, raisin wine, all-spice and ginger for infusion, sweet herbs dried, and tobacco cut for smoking, blankets, flannels, stone bottles for hot water, clean bricks and tiles to heat, clean small bellows, pipes and leather tubes, to convey air and vapour, blanched almonds for emulsion, a phial of laudanum, and some tincture of castor to soothe irritated nerves.

An Ointment for tender skins, parts hurt, for scalds and burns, is made with fallad oil, in which some camphor is dissolved, shaken in a phial, together with a small quantity of spirits of hartshorn, or two parts of quick lime water to one of oil. It proves of frequent use in Families.



